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The Forefront Of The Coping Movement™

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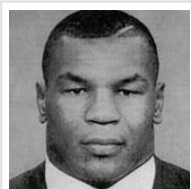
Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion > LMS and Red Pill discussions > Shitty Advice ▼

[Looksmx] Increasing the prominence of your supraorbital ridge

Pages (2): 1 [2](#) [Next »](#)

[Looksmx] Increasing the prominence of your supraorbital ridge

Thread Modes



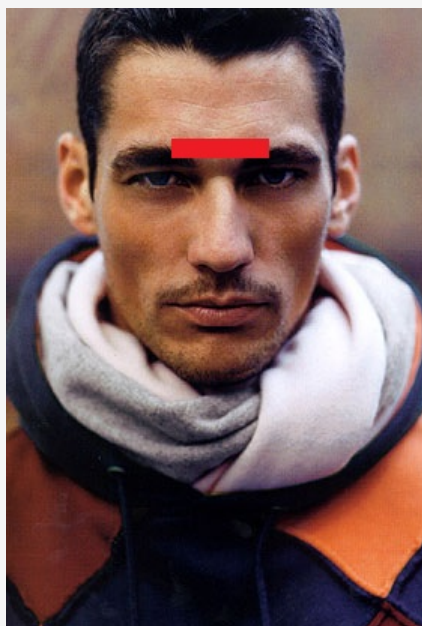
ideal ●
Member



Posts: 213
Threads: 49
Joined: Nov 2016
Reputation: **886**

05-25-2017, 12:42 AM

#1



Using a weight plate, pummel the red zone of your supraorbital ridge. Apply more force centrally.

I normally use a 10 or 15kg weight plate, but smaller plates are also effective. The edges of thinner plates tend to be less smooth though so you're more likely to get red marks on your face.

Don't place a towel or other piece of clothing over your head. They will increase friction, causing your skin to peel off and you to start bleeding with only a few hits.

This exercise will 'pump' that area for most of the day, and over time permanently increase the prominence of your supraorbital ridge.

Will this make me look like a subhuman caveman?

No.

[Image: zaza-pachulia-basketball-headshot-photo.jpg]



If you look at Zaza Pachulia, you'll see that his supraorbital ridge is very prominent at the outer parts.

In contrast, hunks such as Jason Momoa, Miro Cech and Gandy all have brow ridges that are more prominent at the glabella, which is where this exercise targets.



3 captures

5 Oct 2019 - 5 Oct 2019



Find

Reply

05-25-2017, 12:45 AM

#2

3 captures

5 Oct 2019 - 5 Oct 2019



Post Singularity

Virgin

Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: 6,406



FUUUCK

would it work for chin projection too?

or just supraorbital

what about zygos>



dough

most likely to end up in prison



UNDER 13

Posts: 9,818
Threads: 3,188
Joined: Jan 2017
Reputation: 8,926
Kisses: 1
Slay Count: 1



05-25-2017, 12:51 AM

#3

enjoy tbi tbh

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



post snot again and I'll take away your right to a signature



SoUglyItHurts

Has panic attack when he sees
a girl IRL



AUTIST

Posts: 1,566
Threads: 44
Joined: Jan 2017
Reputation: 2,412

05-25-2017, 12:52 AM

#4

Has anyone tried this before?





Post Singularity

Virgin

Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: **6,406**



Find

I'm going to do this on cheekbones glabella and chin

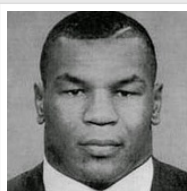
but it wont do anything now sadly

imagine if the entire world is redpilled id bet every kid would be doing this and there parents would be encouraging them

"remember timmy to do your glabella impactions today! the doctor said 5x10 or no video games!!"



Reply



ideal

Member



Posts: 213
Threads: 49
Joined: Nov 2016
Reputation: **886**

05-25-2017, 01:24 AM

#6

Post Singularity Virgin Wrote: →

(05-25-2017, 12:45 AM)

This is legit legit legit

FUUUCK

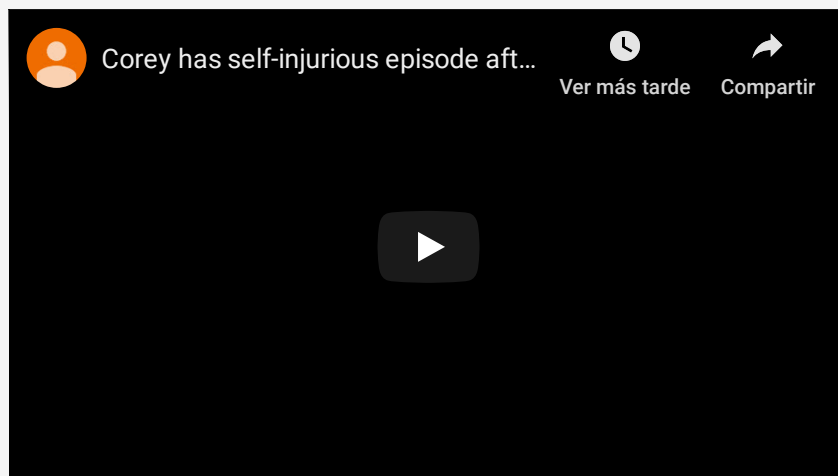
would it work for chin projection too?

or just supraorbital

what about zygoss>

zygoss definitely, I'm still not sure what the best way to approach the chin is though.

Here are some examples demonstrating the malleability of the face for those unconvinced:

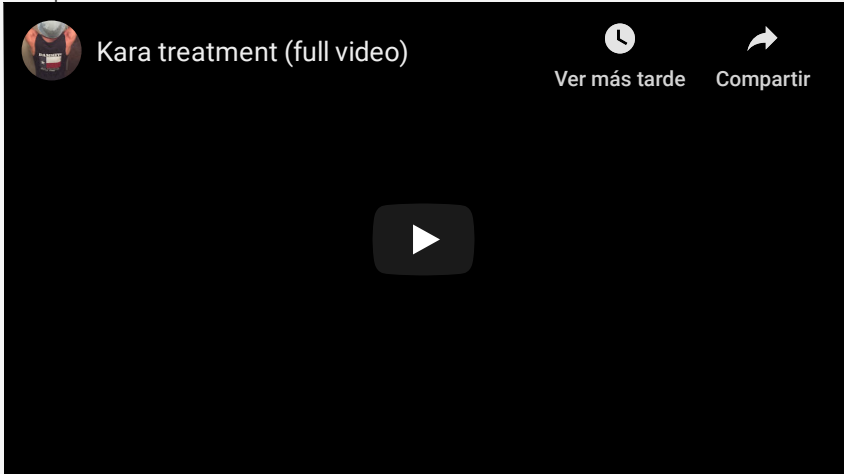


This guy is using an incredibly inefficient technique, but look at those damn zygoss.



Normal people don't have zygos like this.

5to9 posted this one.



Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, she looks like an amalgamation of O'Pry and Barrett.

Find

Reply



Post Singularity Virgin
Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: 6,406

05-25-2017, 01:29 AM

#7

ideal Wrote:➡

(05-25-2017, 01:24 AM)

Post Singularity Virgin Wrote:➡

(05-25-2017, 12:45 AM)

This is legit legit legit

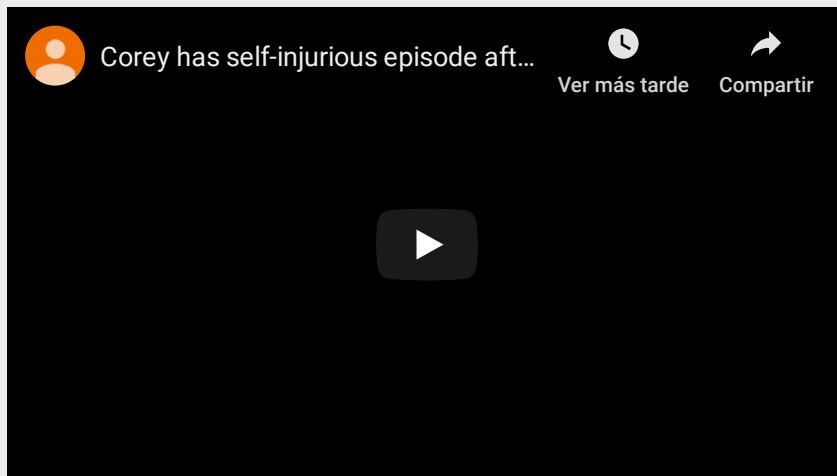
FUUUCK

would it work for chin projection too?

or just supraorbital

what about zygus>

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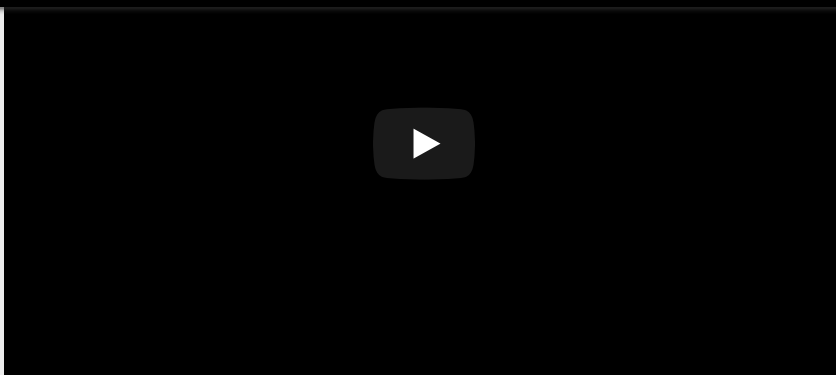


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Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, she looks like an amalgamation of O'Pry and Barrett.



if you put her face on a 6 foot male she would be a chad

man this is extremely eye opening

imagine a 300 dollar machine that automatically does this? every single guy would buy this shit lol, literally it would be worth the social stigma

do you think this would work on low surface area locations like the chin and rammus?



TallWhiteCel
Senior Member



Posts: 908
Threads: 213
Joined: Dec 2016
Reputation: **252**



05-25-2017, 01:37 AM

#8

What about skin health? Or infraorbitals? This seems like it would cause permanent soft tissue damage.



05-25-2017, 02:17 AM

#9



iftsj

Mr. 9 inch french baguette

Posts: 539
Threads: 287
Joined: Jul 2015

Find

Reply



Zoosus

dick connoisseur



5k Reps

Posts: 963
Threads: 192
Joined: Aug 2015
Reputation: **5,886**

05-25-2017, 03:27 AM

#10

ideal Wrote: →

(05-25-2017, 01:24 AM)

Post Singularity Virgin Wrote: →

(05-25-2017, 12:45 AM)

This is legit legit legit

FUUUCK

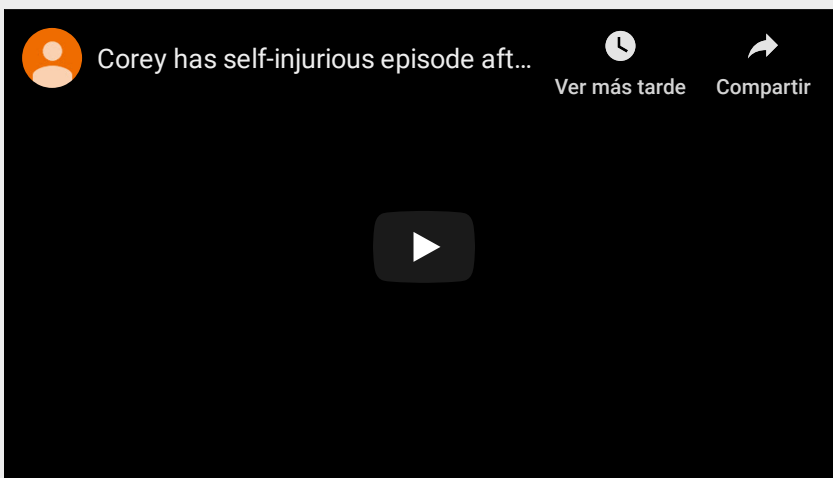
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or just supraorbital

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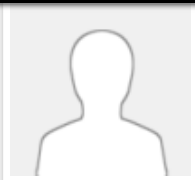
Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, **she looks like an amalgamation of O'Pry and Barrett.**

Yea, she totally looks like this



WTF are you talking about buddy





Trump2020

Super Poster



Posts: 1,564
Threads: 387
Joined: May 2017
Reputation: **607**



Find

Are you sure bone smashing is actually going to grow bone, or is it just going to build up scar tissue?

Looksmxing:

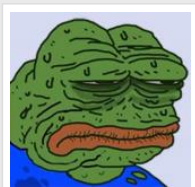
[Neck Training Thread - Consensus on Mewing - Nordic Looksmxing](#)

Various:

[Personality Restructuring Log - Before you brag about slaying a sub-7 white woman off of Tinder, click here](#)



Reply



cuck king

Senior Member



BIRD

Posts: 344
Threads: 41
Joined: Jun 2016
Reputation: **401**
Tinder Matches: 70
Dates: 3
Kisses: 1
Slay Count: 1
Relationships: 1



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05-25-2017, 03:40 AM

#12

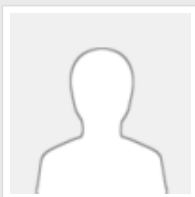
[Image: zaza-pachulia-basketball-headshot-photo.jpg]

I have the opposite of this tbh, mine tapers off to nothing on the sides, its shaped like a semicircle

It was over before it even began.



Reply



fkinlol

Super Poster



Posts: 1,701
Threads: 20
Joined: May 2017
Reputation: **762**



Find

05-25-2017, 03:44 AM

#13

lol holy the fuk always amazes me how you fellllas spot this shit



Reply



05-25-2017, 03:50 AM (This post was last modified: 05-25-2017, 03:52 AM by Sto9.)

#14

IMO, this is great for literal retards because their brains are already fucked, so they can bash their heads in as much as they want and they are still retarded.

But I'm skeptical if a regular healthy human could undergo the amount of blows they've taken to the face and still be fine mentally. I mean that kid was kicking himself in the face as hard as he fucking could lmao.

Posts: 3,088
Threads: 548
Joined: Feb 2017
Reputation: -48

Find

popping out:

Reply

Post Singularity
Virgin ●
Asian Slayer
★★★★★

Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: 6,406

Find

05-25-2017, 03:58 AM

#15

Those aren't autists, they are just hardcore looksmaxxers

Reply

5to9 ●
manlet rage personified

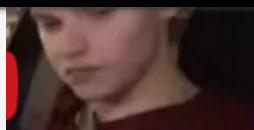
05-25-2017, 04:15 AM (This post was last modified: 05-25-2017, 04:15 AM by 5to9.)

#16

Post Singularity Virgin Wrote: ➡ (05-25-2017, 03:58 AM)

Those aren't autists, they are just hardcore looksmaxxers

fuck man, in the thumbnail he nearly looks like Barrett with that flanging



but I truly believe that it is from fucking YEARS of repeated blows to the head, everyday, for hours on end. What else does an autist do?

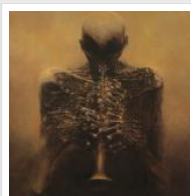
I met a guy who legit took his dick from 6.5 to 8 inches long... after like 7 years of jelqing and massaging and shit. he would go at it for 3 hours everyday.

Most things like this are legit but they just take nearly a decade of dedication. The possible brain damage that could also occur outweighs the few mm in bone mass. Just visit fucking Eppley and have him cement you up instead tbh.



Find

Reply



Post Singularity

Virgin
Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: 6,406

05-25-2017, 04:17 AM

#17

5to9 Wrote: →

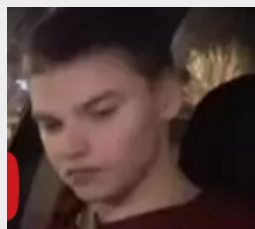
(05-25-2017, 04:15 AM)

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(05-25-2017, 03:58 AM)

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Most things like this are legit but they just take nearly a decade of dedication. The possible brain damage that could also occur outweighs the few mm in bone mass. Just visit fucking Eppley and have him cement you up instead tbh.



he does lmao

I mean the risk/reward is somewhat skewed, yeah it would be more efficient just to work and then get surgery but if were talking about efficiency its probably just more efficient to be a normie why even bothering posting on psl?



5to9

manlet rage personified



Posts: 3,088
Threads: 548
Joined: Feb 2017
Reputation: -48

05-25-2017, 04:28 AM

#18

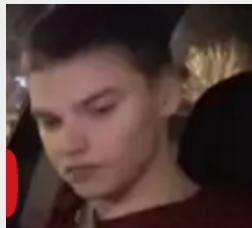
Post Singularity Virgin Wrote: →

(05-25-2017, 04:17 AM)

5to9 Wrote: →

(05-25-2017, 04:15 AM)

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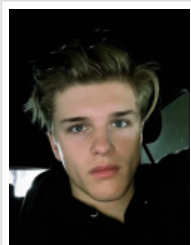
why even bothering posting on psl?

because i can't cough up the red pill 🤔



Find

Reply



Golden Blue

Banned

Posts: 995
Threads: 55
Joined: Mar 2016

Find

05-25-2017, 05:33 AM

#19

All the browridges in the OP look ugly and gross as hell, legit looks like a swollen tumour. I lol'd when you posted Miro as having an ideal browridge too because his brow is his worst feature by far.

Reply



Wasted Potential

Incel

Mega Super Poster



Posts: 3,741
Threads: 92
Joined: Dec 2016
Reputation: -3,193

Find

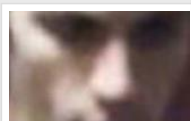
05-25-2017, 05:39 AM

#20

Holy shit @ this thread. Bone smash theory is legit as fuck



Reply



Lel

kek



05-25-2017, 10:21 AM

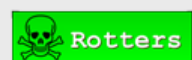
#21

I do it with a small hammer. Have seen results but it takes months. Inflammation swelling is legit though, makes your face slayerish but only for a few days. Perfect for ONS and tinder dates.



AsymmetryIsDeath

Godlike Poster

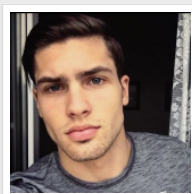


Posts: 10,397
Threads: 568
Joined: Apr 2017
Reputation: **12,217**

08-28-2017, 03:32 PM

#22

how long would this take until i start seeing a real effect(that isn't just inflammation)? months? years?



armadylbrah767

WORST POSTER IN 2017 ALL TIME



Posts: 4,548
Threads: 619
Joined: Jan 2016
Reputation: **-7,055**

08-28-2017, 03:40 PM

#23

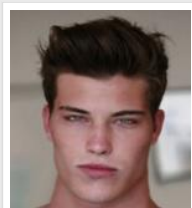
keep coping op lol

When You Get Slapped By Your Arab Muslim Pimp;



BBCTakeover
CUCKHOLD

Posts: 3,055
Threads: 362
Joined: Sep 2016



asiancel
from asia



Posts: 4,823
Threads: 88
Joined: Mar 2016
Reputation: **5,156**

09-09-2017, 05:54 PM

#24

constant force on cranium=your body thinks it's under attack and must reinforce that targeted area. more growth factors pumped towards area, scar tissue builds up, bone become denser and higher volume.

i can guarantee you most male models growing up had high facial contact with the ground, bedpost, chairs, etc.





asiancel

from asia



Posts: 4,823

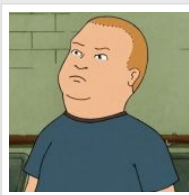
Threads: 88

Joined: Mar 2016

Reputation: **5,156**



lumberjack jaw from stone smash



Downey

Mega Super Poster



Posts: 2,071

Threads: 328

Joined: Mar 2017

Reputation: **3,552**



10-13-2017, 05:33 AM

#26

updates on this?



TheAspieGymcel

Mega Super Poster



5k Reps

Posts: 3,452

Threads: 489

Joined: Oct 2017

Reputation: **5,502**

Tinder Matches: 1000+

Dates: 100+

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 20+



10-13-2017, 05:44 AM

#27

I am about to do this on my zygos. I need more forward projection. I would look so much better with a millimeter of forward projection



Femcel Wrote:→

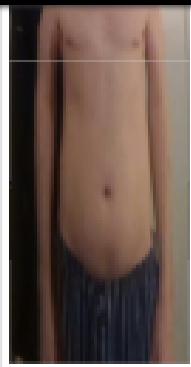
(12-30-2017, 11:04 AM)

you were my daddy.



07-21-2018, 05:06 PM

#28



Cunt. ●

Senior Member



TRUECEL

Posts: 586
Threads: 23
Joined: May 2018
Reputation: **825**



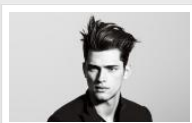
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teengallery.com



Reply



Steam ●

Mega Super Poster



1k+ Reps

Posts: 2,112
Threads: 92
Joined: Mar 2018
Reputation: **2,875**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+



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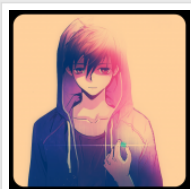
07-21-2018, 05:10 PM (This post was last modified: 07-21-2018, 05:11 PM by Steam.)

#29

Is this the reason why MMA fighters have such prominent browridges?



Reply



subhuman_curry ●

Member



OLOCEL

Posts: 155
Threads: 11
Joined: Jan 2018
Reputation: **282**



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07-21-2018, 06:17 PM

#30

Or you can not be a retard and just get filler.



Reply

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